

Young at Heart Senior Center

Newsletter – Fall 2017

General Information

Welcome!



Please visit our website at:

<http://www.fairfaxva.gov/ParksRec>

Four ways to register for Classes and Trips:

Fall Registration begins **July 31** at 8:30am

(Friday, July 28: 8:30am- City Residents trip sign up)

1. ONLINE: www.fairfaxva.gov/ParksRec,
24 hours a day.
2. WALK-IN: Monday – Friday: 8:30am-5pm at
City Hall Office, Stacy C. Sherwood Community Center, or
Green Acres Center.
3. MAIL-IN: Signed and completed registration forms
mailed to:
City of Fairfax Parks and Recreation,
10455 Armstrong St., Fairfax, VA 22030.
4. FAX-IN: Signed and completed registration forms
faxed to: 703-246-6321

Payment Methods Accepted

American Express, Discover, MasterCard or Visa.

Checks payable to: City of Fairfax.

Payment must be made at the time of registration.

Assumption of Risk Waiver, found on registration form,
must be signed by all participants at time of registration.

On overnight trips, checks payable to vendor only.

The City of Fairfax Senior Center invites you to join the Young at Heart Senior Center for autumn fun and adventures! Housed in the Green Acres Center, the Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. A Senior Center Registration Form is required before participating in any activities. We ask that you scan your membership card upon entering the building. More membership information inside.

We hope you get involved in the many Senior Center activities, free and fee-based classes, special events and trips during this wonderful autumn season.

The City of Fairfax Parks and Recreation Department is constantly striving to keep our National Recreation and Parks Association gold medal standards and committed to our mission to enrich the quality of life in Fairfax City and maintain the unique hometown character that makes our City a special place to live, work and play.

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090 TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff

Anne Chase, BS, CPRP

Recreation Manager and Senior Center Manager

anne.chase@fairfaxva.gov
(703) 359-2487

Kira Urano, BS

Senior Center Assistant

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Kathy Carter, BA

Trip Chaperone

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Jann Richards-Weltman, BS

Recreation Assistant

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Rocio Vargas, BS

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Clai Eldrup-Jorgensen

clai.jorgensen@fairfaxva.gov

Senior Center Staff

Senior Center General Information

Young at Heart Membership Registration Information:

City and Fairfax County residents may become members free of charge after completing a blue registration form.

Non-residents of the City of Fairfax or Fairfax County will be charged a membership fee of \$50 per year to join the Senior Center. An individual 55 years and over may also choose a guest membership for a daily drop-in fee of \$5.

Memberships are valid for a 12-month period and can be purchased during Senior Center hours:
Monday – Friday: 8:00am – 5:00pm.

Please stop by the Green Acres Front Desk to register and fill out the green registration form.

Updated Waiver Information to Participate in Programs and Activities:

The City of Fairfax Parks and Recreation Department has updated the Waiver for participant use when taking part in any program - please take a moment to review.

Waiver for City of Fairfax Parks and Recreation Participant:

In consideration of the registrant being granted permission by the City of Fairfax, Virginia to participate in this program and associated activities, I hereby release the City of Fairfax, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. I authorize the City of Fairfax and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or co-sponsored by the Parks and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials. I further understand that Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class and/or program experience for others will be asked to withdraw from the class and/or program with expectation of a refund, if applicable, for the balance of the class/and or program.

Class information can be viewed on the web pages below and listed in the *Leisure Times* magazine
<http://www.fairfaxva.gov/government/parks-recreation/senior-classes>

Offices and Senior Center will be closed on observed 2017 holidays:

1. Monday, September 4 – Labor Day Holiday
2. Friday, November 10 – Veterans Day Holiday
3. Thursday and Friday, November 23 & 24 – Thanksgiving Holiday
4. Friday, December 22: closed at 12 noon for Christmas Holiday
5. Monday, December 25 – Christmas Holiday
6. Monday, January 1, 2018 – New Year's Holiday

Ongoing Activities

These are ongoing activities that take place as part of the Senior Center. Mark your calendars - participate in the fun! More information on activities taking place at the Senior Center can be found on our website at www.fairfaxva.gov/parksRec or drop by for a current calendar.

Men's Morning Coffee & Conversation Group: Every morning, Monday-Friday, 8am-10am: Coffee, breakfast treats and lively conversation.	Military History with Keith Young Tuesdays, 10am-Noon: Covers military history beginning with the Revolutionary War to the present.
Bocce May – September, Thursdays, 9am-11am: Tournament-style play. Outdoor courts. Awards ceremony and picnic September 28 at 11am.	Library Books loaned on Honor system: enjoy and return! We appreciate book donations published after year 2000. Monthly Birthday Celebrations First Fridays at 12 noon.
Current Events Group Every Tuesday, 1pm-3pm: Discuss the latest topics going on in our world.	55+ Pickleball Monday, Tuesday, Wednesday, Thursday and Fridays: 1pm -3pm. Practice for those who know how to play. Fee lessons available.
Movie & Popcorn Once a month: 10am-12noon. Schedule on calendar.	Open Ping Pong Play Thursdays, 1pm-3pm. Free.
90's Club For those in 10 th decade, meet 4 th Friday, 10am. Chess Mondays at 12 noon in the library.	ALPS - Alpha Literary & Philosophical Society Last Wednesday each month, 7:45-10pm. Free. A member volunteers to research & write an article (provided at meeting), with discussion.
Fairfax Antique Arts Association Third Thursday monthly at 10am: Invites guest speakers to show and discuss their collections.	Millennium Art Guild Thursdays, 1pm- 4pm: Artists bring in their own art projects and supplies. All forms of art welcome. For information, call Shirley Staples: 703-218-3172.
BUNCO Two Fridays a month at 10:30am: Prizes awarded with 4 players. Please check monthly calendar for dates.	BINGO Twice monthly on Fridays at 10:30am: \$2/2cards + \$1 each additional. Please check monthly calendar for dates. Prizes awarded.
Pinochle/Mexican Train/Canasta Played daily throughout the week starting at 9:30am or 10am. Refer to monthly calendar.	Day at the Races Two Mondays a month, 10:30am: Please check calendar for dates. Prizes awarded.
Spanish Conversation Mondays from 12noon-1:15pm: A closed group learning with workbook.	German Conversation Thursdays from 10:30am-Noon: For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen!
Bridge Groups: <u>Bridge Level 1:</u> Mondays and Fridays, 9:30am-12:30pm. <u>Contract/Duplicate:</u> Mondays, 9:30am-12noon. <u>Advanced Contract:</u> Thursdays, 9:30am-2pm. <u>Grand Slam:</u> Mondays/Fridays, 9:30am-2pm. <u>NOVA Neighbors:</u> 1 st & 3 rd Mondays, 12:30pm-3:30pm. <u>Senior Bridge Club:</u> Fridays, 10am-2pm. Knit & Crochet Wednesdays at 10am in the Library. Bring your yarn and needles. Learn and practice!	Tai Chi Practice Tuesdays, 2-3pm. For those who know the form – Fee lessons on Fridays
	World Powers 1930's Game Tuesdays, 2pm. Free.
	Mah Jongg Thursdays, 10am in the Senior Center. Free. International and American.
	Monthly Birthday Celebrations First Fridays at 12 noon.

Upcoming Events

Friday, July 28: 8:30am-5pm	City of Fairfax Residents ONLY register for Fall Trips and Classes
Mon, July 31: 8:30am	Registration Open for all Classes and Trips
Mon, September 4	Center Closed: Labor Day observed
Tues- Fri, September 5-8	"A Stay in the Smokies" Travel Motor Coach Trip
Tues-Mon September 5-11	Open House for Fitness Classes – Enjoy your First Class for FREE!
Wed & Thurs, September 6 & 7	AARP <i>Smart Driver</i> course – 10am-3pm both days!
Fri, September 8: 11am	Lunch & Learn: <i>Genealogical Research Investigating an Unusual WWII Family Story – Hiroshima 6 August 1945: A View from the Ground</i>
September 9 – 21	Northern Virginia Senior Olympics
Thurs, September 14	Bocce and Horseshoe events at Green Acres Center (rain date 9/21)
Monday, September 11: 12 noon	Lunch & Learn: <i>Emergency Preparedness - Active Shooter Actions</i>
Fri, September 15: 11:30am	End-of-Summer Luau Potluck Picnic
Wed, September 20: 12 noon	Lunch & Learn: <i>Fall for the Book Literary Festival</i> – October 11-14
Fri, September 22: 12 noon	Lunch & Learn: <i>Final Affairs Project</i>
Thurs, September 28: 11am	Bocce End-of-Season Awards Picnic
Fri, September 29: 12 noon	Young at Heart Photo Contest – Entries Due!
Wed, October 4: 11am	Lunch & Learn: <i>Navigating Functional Vision Changes</i>
Fri, October 6: 12:30pm	Young at Heart Photo Contest Awards Ceremony
Mon, October 9: 12 noon	Lunch & Learn: <i>Emergency Preparedness See Something, Say Something</i>
Fri, October 13: 9:30am-1:30pm	FLU SHOT CLINIC – by Walgreens; bring your insurance card & ID.
Fri, October 13: 12 noon	Lunch & Learn: <i>How's Your Balance?</i>
Sun- Fri, October 15-20	Maine Travel Motor Coach Trip
Fri, October 20: 12 noon	Lunch & Learn: Marbleizing Art Workshop
Sat, October 21: 10am-2pm	Young at Heart Crafty Flea Market fundraiser at Sherwood Community Center
Fri, October 27: 11:30am	Halloween Potluck Party
Tues, October 31: 10:30am	Parade of Halloween Trick or Treaters by Main Street CDC Preschoolers
Mon, November 6: 12 noon	Lunch & Learn: <i>Emergency Preparedness – How to Stay Informed</i>
Thurs, November 9: 9:30am	Honoring our Veterans Breakfast
Fri, November 10	Center Closed: Veterans Day Holiday
Fri, November 17: 11:30am	Thanksgiving Banquet
Thurs & Fri, November 23 & 24	Center Closed: Holidays for Thanksgiving
Thurs, November 30: 12 noon	Lunch & Learn: <i>Keeping Safe Online</i>
Mon, December 4: 12 noon	Lunch & Learn: <i>Emergency Preparedness – Build an Evacuation Kit</i>
Fri, December 8: 12 noon	Lunch & Learn: <i>Holiday Cookie Swap</i>
Sun-Wed, December 10-13	Santa & Clara Claus Calling Program – Seniors call youth 3-7 years, 5-9pm
Fri, December 15: 11:30am	Holiday Potluck Party
Wed, December 20: 12 noon	Lunch & Learn: <i>Brain Building – Be a Brain Master!</i>
Fri, December 22: 12 noon	Center Closes for Holidays
Mon, December 25	Center Closed: Christmas Holiday
Tues – Thurs, December 26 – 28	Movies & Popcorn Extravaganza: see Calendar for listing; flyer for details
Friday, December 29: 11:30am	New Year's Pizza Party

Senior Events

Get Ready For Northern Virginia Senior Olympics!

The Northern Virginia Senior Olympics (NVSO) is celebrating its 35th anniversary this fall. The games began in 1982 with about 80 competitors. In 2016 more than 900 Northern Virginia seniors took part!

The NVSO was organized in 1982 for the purpose of providing senior adults an opportunity for competition and fellowship through various athletic and recreational events. Working together with the local Northern Virginia Parks and Recreation Departments and other agencies, the Olympics have been a continuing success. Until 1988, the minimum age for participation was 55. The age was changed to 50 to coincide with the Virginia Senior Games and the National Senior Games.

In order for an athlete to participate in the NVSO, he or she must be a resident of one of the sponsoring jurisdictions: Cities of Alexandria, Falls Church or Fairfax and the Counties of Arlington, Fairfax, Fauquier, Loudoun or Prince William and be 50 years of age or older as of December 31, 2017. Agencies that are a part of NVSO are asked to provide staff, volunteers and facilities to help in organizing the overall event. Many of the athletes who compete in the NVSO participate in the Virginia Senior Games and qualify for the National Senior Games. Northern Virginia has had a large number of athletes representing NVSO at these competitions.

Events are broken down in 5 year, 10 year, 20 year, or no age groups. Age groups for all doubles and team competitions will be determined by the age of the youngest participant. All substitutes must be within the same age group or older. All substitutes must be registered, pay all fees and sign the waiver to be eligible to compete.

Green Acres Center continues to be a host site for Bocce and Horseshoes. Come join the Fun on Thursday, September 14th to compete or cheer for your favorite player. For more information please visit the NVSO website: List of Events Form and Registration & Waiver Form (pages 7 & 8 of the paper registration form) to register. Registration must be postmarked by August 26, 2017. If you have any questions regarding registration, please call Jim at 703-830-5604, visit the website: nvso.us or call Green Acres Center: 703-273-6090.



Senior Events

Annual Young at Hearts Photo Contest

Pictures Wanted!

Photographs must be taken between January 1st and September 29th, 2017.

Categories include:

- Friends and Family
- Nature
- Travel
- Around Our City – pictures must be taken within the City of Fairfax limits.

An Entry Form with Rules are available at Green Acres Center in the rack between the restrooms.

All entries must be submitted to the Senior Center staff no later than 12 noon on Friday, September 29, 2017.

Prizes will be awarded for each category on Friday, October 6th at 12:30pm in the Senior Center.

The actual prizes will be determined prior to the completion of the contest and may include printing in either a Senior Center or other City of Fairfax publication.

Rules:

- Submitter/photographer must be a member of the City of Fairfax Senior Center.
- Picture must have been taken between January 1, 2017 – September 29, 2017.
- Only one picture may be submitted per category.
- Photos must be a 4 x 6 inch glossy print.

Each entry must be accompanied by an entry form and must be submitted by noon on September 29.

The City of Fairfax Senior Center Annual Flea Market

2017 Crafty Flea

at the Stacy C. Sherwood Community Center,

3740 Old Lee Highway, Fairfax, VA 22030






Saturday, October 21, 2017

10:00 am – 2:00 pm

The Senior Council of the City of Fairfax Senior Center announces its annual Flea Market to be held as above. Come check out the Treasures donated for the market and the crafts made by members of the Senior Center. Mark your calendar now for bargains galore and treasures that may just surprise you. See you there!

De-clutter and Donate

Be kind to your children! Get ready to downsize, and bring your unwanted and discarded items to the Senior Center. Items will be accepted Monday – Friday, October 2 – 19 from 8:00am to 5:00pm in the Senior Center. No clothing please, but accessories welcome. Proceeds will benefit the City of Fairfax Senior Center.






Mon	Tue	Wed	Thu	Fri	Sat
<p>Sept - Dec Trips were published July 17 with registrations beginning <u>Monday, July 31: 8:30am.</u> <u>City of Fairfax residents:</u> Fri, July 28: 8:30am-5pm</p>		<p>Bold items on calendar are New Sessions beginning or Special Events.</p>		<p>1 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 10am: Bridge Club 10:30am: BINGO 12noon: September Birthdays! 12noon: BP Checks –Ask a Nurse 1-3pm: Pickleball Play 1:30pm: Day Trip Committee Mtg</p>	<p>2</p>  <p>Fitness Room Open Mon-Thurs. 8am-9pm, Fri 9am-5pm, Sat & Sun 9am-2pm FREE for 55+ with card</p>
<p>4</p>  <p>Labor Day Holiday - CENTER CLOSED!</p>	<p>5 - thru 8th: Stay in the Smokies Trip</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm: Pickleball Play 2pm: World Powers 1930's game 2pm: Tai Chi Practice</p>	<p>6 <u>Friday Luncheon deadline</u></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 10am: AARP Smart Driver course 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance – 3 wk</p>	<p>7 8am: Men's Coffee / 9am: Bocce 9:30am: Adv. Contract Bridge-#110/Pinochle 10am: Mah Jongg: Int'l & Chinese 10am-3pm: AARP <i>Smart Driver</i> concludes 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit – 3 wks 3pm: Social Line Dancing – 8 wks TRIP: Baseball – Nats vs Phillies Game</p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BUNCO 11am: Lunch & Learn: 6 Aug 45 – Hiroshima on the Ground 12 noon: Sr. Council Luncheon = \$5. 1pm: Pickleball Play</p>	<p>9</p> <p>Northern Virginia Senior Olympics (NVSO) begins thru 9/21</p>
<p>11</p> <p>8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Begin Bridge class – 6x 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing – 8 wk 12noon: Active Shooter Actions 12noon: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga – 2 wks</p>	<p>12 8am: Men's Coffee Group TRIP: A Day on the Bay - St. Michaels 8:30am: Seniorcise/ 9:30: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II – 8 wks 1pm: Hospitality Committee Mtg 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging I – 8 wks 2pm: World Powers 1930's game 2pm: Tai Chi Practice 3pm: Beg Pickleball Lessons – 3 wks 4pm: Int Pickleball Lessons – 3 wks</p>	<p>13 <u>Friday Picnic deadline</u></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 10am: MOVIE & POPCORN: "The Founder" 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance</p>	<p>14 8am: Men's Coffee Group 8am: Bocce / 8:30am: Seniorcise 9:30am: Adv. Contract Bridge/Pinochle 10am: NVSO Bocce competition 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 12noon: NVSO Horseshoes 11:30am: Easy Strength Training 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing</p>	<p>15</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 11:30am: End-of-Summer Luau Potluck Picnic 1pm: Pickleball Play</p>	<p>16</p> <p>* Ail Potiuck Luncheons and Guest Speakers require advanced Registration at the Green Acres Center Front Desk or call 703-273-6090</p>
<p>18 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Beginning Bridge class 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga 4pm: Tea & Talk: Anti-Inflammatory</p>	<p>19</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise/ 9:30: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging I 2pm: World Powers 1930s game/Tai Chi 3pm: Beg Pickleball Lessons 4pm: Int. Pickleball Lessons</p>	<p>20</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet TRIP: Middleburg & Mt. Defiance Cider 12noon: L&L: Fall for the Book 1-3pm: Pickleball Play 2:15pm: Stretch & Balance</p>	<p>21 8am: Men's Coffee Group 8:30am: Seniorcise / 9am: Bocce 9:30am: Adv. Contract Bridge / Pinochle 10 am: Fairfax Antique Arts Association 10am Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am: LUNCH BUNCH: French Qtr. 1pm: Pickleball Play / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing</p>	<p>22 AUTUMN EQUINOX- 4:02pm</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 9:30am: Coupons for Military / Bridge 10am: 90's Club / Bridge 10:30am: BINGO 12noon: L&L: Final Affairs Project 1pm: Pickleball Play</p>	<p>23</p> 
<p>25</p> <p>8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Beginning Bridge class 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12noon: Spanish Conversation 1pm-3pm: Pickleball Play</p>	<p>26 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball Play 1pm: Senior Council Meeting & Elections 1:30pm: Senior Clogging I 2pm: World Powers 1930s game/Tai Chi 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons</p>	<p>27</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 12 noon: Spanish Conversation TRIP: Washington National Cathedral 1-3pm: Pickleball Play 7:45pm: ALPS</p>	<p>28 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge / Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation 11am: Bocce Awards Picnic 11:30am: Easy Strength Training 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 3pm: Social Line Dancing</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BUNCO 12noon: Entries Due for Young at Heart Photo Contest 1pm: Pickleball Play</p>	<p>30</p> <p>Check out our website www.fairfaxva.gov Calendar subject to change- Updates will be posted on website and at Senior Center</p>




Mon	Tue	Wed	Thu	Fri	Sat
<p>2 -19: 8am-5pm: Donations Accepted 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: Beginning Bridge Class 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm-3pm: Pickleball Play</p>	<p>3 8am: Men's Coffee/Donations 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball 1:30pm: Senior Clogging I 2pm: World Powers 1930s game/ Tai Chi 3pm: Beg Pickleball Lessons – 3 wks 4pm: Int Pickleball Lessons – 3 wks</p>	<p>4 <u>8am-5pm: Donations Accepted for Crafty Flea on October 21</u> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 12noon: Lunch & Learn: Navigating Vision Changes 1pm-3pm: Pickleball Play</p>	<p>5 <u>8am-5pm: Donations Accepted</u> 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge / Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Open Ping Pong Play 1-4pm: Millennium Art Guild 3pm: Social Line Dancing</p>	<p>6 8am: Men's Coffee / Donations 8:30am: Seniorcise 9:15/10:30am: Tai Chi: Adv./Beg 9:30am: Bridge Level I / Pinochle 10am: Grand Slam Bridge/ Bridge Club 10:30am: BINGO 12noon: October Birthdays! 12noon: BP Checks –Ask a Nurse 12:30pm: Young at Heart Photo Contest Awards Ceremony 1pm: Pickleball Play 1:30pm: Day Trip Committee Mtg</p>	<p>7 Bold items on calendar are New Sessions beginning or Special Events.</p>
<p>9 <u>8am-5pm: Donations Accepted</u> 8 am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Beginning Bridge class 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12noon: See Something, Say Something 12 noon: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga – 6 wks</p>	<p>10 8am: Men's Coffee / Donations 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Hospitality Committee Mtg. 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging I 2pm: World Powers 1930's game 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons</p>	<p>11 <u>Friday Luncheon deadline</u> <u>8am-5pm: Donations Accepted for Crafty Flea on October 21</u> 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Graves Mountain Lodge 10am: Pinochle 10am: Knit & Crochet 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance – 6 wk</p>	<p>12 <u>8am-5pm: Donations Accepted</u> 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge / Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit – 6 wks 3pm: Social Line Dancing</p>	<p>13 8am: Men's Coffee/Donations 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 9:30am-1:30pm: FLU SHOTS 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BUNCO 12 noon: Sr. Council Luncheon = \$5. 12 noon: Lunch & Learn: How's Your Balance? 1pm: Pickleball Play</p>	<p>14  Fairfax Fall Festival 10am-8:30pm ~~~~~ October 15-20: Maine Trip</p>
<p>16 8am: Men's Coffee / Donations 8am: Senior Morning Walk 9:30am: Beginning Bridge Class 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga 4pm: Tea&Talk: The State of Nutrition in America</p>	<p>17 8am: Men's Coffee / Donations 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta TRIP: Mariinsky Ballet at Kennedy Ctr 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging I 2pm: World Powers 1930s game/ Tai Chi 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons</p>	<p>18 <u>8am-5pm: Donations Accepted for Crafty Flea on October 21</u> 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 10am: MOVIE & POPCORN: "Churchill" 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance</p>	<p>19 8am: Men's Coffee / Donations 9:30am: Adv.Contract Bridge / Pinochle 10am: Mah Jongg: Int'l & Chinese 10am: Fairfax Antique Arts Association 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am: LUNCH BUNCH: French Quarter 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing</p>	<p>20 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BINGO 12 noon: Lunch & Learn: Marbleizing Art Workshop 1pm: Pickleball Play</p>	<p>21 10am – 2pm Young at Heart Crafty Flea Fundraiser at Sherwood Center</p>
<p>23 8 am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 9:30am: Beginning Bridge class 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12 noon: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga</p>	<p>24 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball 1pm: Senior Council Meeting 1:30pm: Senior Clogging I 2pm: World Powers 1930's game 2pm: Tai Chi Practice</p>	<p>25 <u>Halloween Party deadline</u> 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Harpers Ferry, WV 10am: Pinochle 10am: Knit & Crochet 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance 7:45pm: ALPS</p>	<p>26 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge / Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing</p>	<p>27 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Cut Coupons For Military 9:30am: Pinochle/ Bridge Level 1 10am: 90's Club 10am: Grand Slam Bridge/ Bridge Club 10:30am: BUNCO 11:30am: Halloween Potluck Party 1pm: Pickleball Play</p>	<p>28 * All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center Front Desk or call 703-273-6090. </p>
<p>30 8 am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga</p>	<p>31 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta TRIP: The Price at Arena Stage 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging I 2pm: World Powers 1930s game/ Tai Chi</p>			<p>Check out our website www.fairfaxva.gov Calendar subject to change- Updates will be posted on website and at Senior Center.</p>	 Fitness Room Open: Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card

CITY OF FAIRFAX SENIOR CENTER

November 2017

(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
Bold items on calendar are new session start dates or special events.		1 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance	2 8am: Men's Coffee Group 9:30am: Adv.Cont. Bridge / Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pmLearn American MahJong 1pm: Pickleball/Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing – 6x	3 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge/ Bridge Club 10:30am: BINGO 12 noon: November Birthdays! 12noon: BP Checks-Ask A Nurse 1pm: Pickleball Play 1:30pm: Day Trip Committee Mtg	 4 Fitness Rooms Open Mon-Thurs 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
6 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing – 7 wks 12noon: Spanish Conversation 12noon: How to Stay Informed! 12:30pm: NOVA Neighbors Bridge 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga	7 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 2pm: Tai Chi Practice 3pm: Beg Pickleball Lessons-3x 4pm: Int Pickleball Lessons – 3x	8 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet TRIP: Hirshhorn Museum DC 1pm: Pickleball Play 2:15pm: Stretch & Balance	9 8am: Men's Coffee Group 9:30am: Veterans Breakfast 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm:Learn American Mah Jongg 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	10 Veterans Day Holiday – Senior Center CLOSED! 	11
13 <u>Thanksgiving Banquet deadline</u> 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 10:30am: BINGO 12 noon: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga 4pm: Tea& & Talk: The Most Important Meal of the Day	14 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 1pm: Hospitality Committee Mtg 2pm: World Powers 1930's game 2pm: Tai Chi Practice 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons	15 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 10am: MOVIES & POPCORN "Jackie" 1pm: Pickleball Play 2:15pm: Stretch & Balance	16 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge / Pinochle 10am: Mah Jong: Int'l & Chinese 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11am: LUNCH BUNCH: Tuscarora Mill 12:30pm:Learn American Mah Jongg 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing	17 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle / Bridge Level I 9:30am: Cut Coupons For Military 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BUNCO 11:30am: THANKSGIVING BANQUET 1pm: Pickleball Play	18 HOLIDAY CRAFT SHOW Fairfax HS  10am-5pm; Sun 11/19: 10am-3pm
20 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 12:30pm: NOVA Neighbors Bridge 12 noon: Spanish Conversation 1pm-3pm: Pickleball Play	21 8am – Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: World Powers 1930's game 2pm: Tai Chi Practice	22 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 1pm: Pickleball Play	23 Thanksgiving Holiday CLOSED! 	24 HOLIDAY Senior Center CLOSED	25  <i>Happy Thanksgiving</i>
27 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 10:30am: BUNCO 12 noon: Spanish Conversation 1pm: Pickleball Play 2:15pm: Chair Yoga – 3 wks	28 8am – Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 1pm: Senior Council Meeting 2pm: World Powers 1930s game/ Tai Chi 3pm: Beg Pickleball Lessons 4pm: Int Pickleball Lessons	29 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 10am: Movie & Popcorn: "Dunkirk" 1pm: Pickleball Play 2:15pm:Stretch&Balance-4wk 7:45pm: ALPS	30 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 12noon: Keeping Safe Online 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit – 4 wk 3pm: Social Line Dancing	**** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090	

Mon	Tue	Wed	Thu	Fri	Sat
 <p><u>Fitness Rooms Open:</u> Mon-Thurs 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card</p>		<p>Bold items on calendar are New Sessions starting or Special Events.</p>		<p>1 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge/ Bridge Club 10:30am: BINGO 12noon: December Birthdays! 12noon: BP Checks – Ask A Nurse 1pm: Pickleball Play 1:30pm: Day Trip Committee Mtg TRIP: US Army Band at DAR</p>	<p>2 2-7pm: Festival of Lights and Carols at Old Town Square</p> 
<p>4 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10:00am: Mah Jongg/Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 12noon: Build an Evacuation Kit 12 noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga.</p>	<p>5 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II – 8 wks 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging I – 8 wks 2pm: World Powers 1930s game/ Tai Chi 3pm: Beg Pickleball Lessons – 3wks 4pm: Int Pickleball Lessons – 3 wks</p>	<p>6 <u>Friday Luncheon deadline</u> 8am: Men's Coffee Group TRIP: <u>Miracle of Christmas at Sight & Sound Theater, Lancaster</u> 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet 1-3pm: Pickleball Play 2:15pm: Stretch & Balance</p>	<p>7 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing</p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BUNCO 12noon: Sr.Council Luncheon = \$5 12 noon: LUNCH & LEARN: Holiday Cookie Swap 1pm: Pickleball Play</p>	<p>9 Santa Claus Calling Program: Ho! Ho! Ho! <i>Seniors call youth ages 3-7 years old as Santa & Clara!</i> Sun 12/10-Wed 12/13</p>
<p>11 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 11am: Deco. Gingerbread House 12 noon: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga 4pm: Tea & Talk: Better Sleep Strategies</p>	<p>12 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12:30pm: Sr. Clog Beg. II 1pm: Current Events / Pickleball Play 1pm: Hospitality Committee Mtg 1:30pm: Senior Clogging I 2pm: World Powers 1930s game/ Tai Chi 3pm: Beg Pickleball Lessons 4pm: Int. Pickleball Lessons</p>	<p>13 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: <u>Holiday Lunch at Mount Vernon Inn</u> 10am: Pinochle 10am: Knit & Crochet 1-3pm: Pickleball Play 2:15pm: Stretch & Balance</p>	<p>14 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Social Line Dancing</p>	<p>15 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am/10:15am: Tai Chi: Adv/Beg 9:30am: Pinochle/ Bridge Level I 9:30am: Coupons For Military 10am: Grand Slam Bridge 10am: Bridge Club 11:30am: Holiday Potluck Party 1pm: Pickleball Play</p>	<p>16 **** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</p>
<p>18 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 12 noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga – make-up/\$5</p>	<p>19 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength Training 1pm: Current Events / Pickleball Play 2pm: World Powers 1930s game 2pm: Tai Chi Practice 3pm: Beg Pickleball Lessons 4pm: Int. Pickleball Lessons</p>	<p>20 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Knit & Crochet TRIP: <u>A Christmas Spectacular at Riverside Dinner Theater</u> 12noon: Lunch & Learn: Brain Building – Be a Brain Master 1-3pm: Pickleball Play 2:15pm: Stretch & Balance</p>	<p>21 WINTER SOLSTICE: 11:28am 8am: Men's Coffee Group 9:30am: Adv.Contract Bridge/ Pinochle 10 am: Fairfax Antique Arts Assn. 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: EZ Strength Training 11:30/11:45am: LUNCH BUNCH 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge/ Bridge Club 10am: 90's Club 10:30am: BUNCO 12 noon: Closed for Holidays</p>	
<p>25 Christmas Day Holiday- CLOSED!</p> 	<p>26 8am: Men's Coffee Group 8:30am: Seniorcise – make-up 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength – make-up 12:15pm: ANIMATED MOVIE & POPCORN: "Moana" 1pm: Current Events / Pickleball Play 1pm: Senior Council Meeting 2pm: World Powers 1930's game 2pm: Tai Chi Practice</p>	<p>27 <u>Friday Pizza Party deadline</u> 8am: Men's Coffee Group 8:30am: Seniorcise – make-up 10am: Pinochle / Knit & Crochet 10am: MOVIE & POPCORN: "Victoria and Abdul" 1-3pm: Pickleball Play 2:15pm: Stretch&Balance – make-up 7:45pm: ALPS</p>	<p>28 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge/Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation 11:30am: Easy Strength – make-up 11:45pm: MOVIE & POPCORN: "The Holiday" 1pm: Pickleball / Open Ping Pong Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit = \$5/make-up</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise – make-up 9:30am: Pinochle/ Bridge Level I 9:30am: Coupons For Military 10am: Grand Slam Bridge/ Bridge Club 10:30am: BINGO 11:30am: New Year's Pizza Party 1pm: Pickleball Play</p>	<p>Mon, January 1, 2018: New Year's Holiday Center Closed</p> 

The City of Fairfax Senior Center - Young at Heart Day Trips
Green Acres Center, 4401 Sideburn Road, Fairfax VA 22030

All trips require a reservation – first come, first serve.

Registration for September - December Trips opens Monday, July 31 at 8:30 am;

City Residents ONLY register Friday, July 28 from 8:30am-5pm – Proof of Residency REQUIRED.

Payment is due at time of registration unless placed on a wait list. **If you sign up, show up!** All Day Trips include trip escort and round-trip transportation from Green Acres Center. Please arrive 15-30 minutes before departure to check-in with your City of Fairfax Senior Center membership card or identification (for a free membership card for Fairfax City or County residents, please arrive 30-45 minutes ahead with a valid ID to complete registration form; \$5/day for others).

Cancellation Policy: *If the City of Fairfax Parks and Recreation Department cancels a trip, a full refund will be given.* No refunds given on tickets already purchased, unless a replacement can be found from the waitlist. **Participants who request a refund must fill out a Refund Request form one week prior to the event to be considered for a refund and will be charged a \$10 fee per individual, per trip, to process the refund - NEW!**






Inclement Weather: Each day trip will be individually decided based on CUE bus availability and other factors; staff will notify participants.

Note: *Due to conditions beyond our control, it is sometimes necessary to adjust itineraries and change meal selections.*















For further trip information, please check our website www.fairfaxva.gov/government/parks-recreation/senior-center/trips

PHONE: 703-273-6090





Trip Flyers will be available at the Senior Center and online with the most current updates!

	Lunch on your own		Uneven Walking
	Mainly Walking/Standing	SG/GT	Self-Guided Tour/ Guided Tour
	Stairs Required		Weather Sensitive

SEPTEMBER TRIPS

  	Washington Nationals Baseball Game vs. Phillies (Washington, DC) Take me out to the ballpark! Enjoy a hot dog and come cheer on our Nats as they take on the Phillies at 7:05pm. Seats are in the Baseline Reserved Section 132 – Rows SS-UU, under cover and include \$15 food voucher. Thursday, September 7, 2017 Leave: 5:15 pm Approx. Return: 11:15 pm	\$72
   	A Day on the Bay (Annapolis to St. Michaels, MD) Enjoy donuts and coffee while cruising across the Chesapeake Bay on a luxury yacht. Boat departs from Annapolis City Dock at 10am, then arrives at St. Michaels just after 12 noon. Spend three hours on your own in this quaint historic village enjoying fresh seafood, shopping, St. Michaels Winery, and historic sites - all within walking distance. Cruise and entrance to Maritime Museum is included; bring money for all other activities and lunch. Cruise is rain or shine, first deck is enclosed and climate controlled, with a cash bar. Return to Annapolis by 5:30 pm. Dress for the weather. Tuesday, September 12, 2017 Leave: 8:00 am Approx. Return: 7:00 pm	\$91
   	Middleburg and Mt. Defiance Cidery (Middleburg, VA) With more than 160 buildings listed on the National Register of Historic Places, Middleburg is known for its natural beauty, historic charm, and Southern hospitality! Surrounding the town, you'll find picturesque countryside, with low stone walls surrounding stately horse farms and cattle grazing in nearby fields – all with the Blue Ridge and Bull Run mountains as a scenic backdrop. Enjoy the day shopping and having lunch on your own, then we will stop at the Mt. Defiance Cidery and Distillery for a tour and tasting (not included.) Wednesday, September 20, 2017 Leave: 11:00 am Approx. Return: 4:30 pm	\$15
   SG/GT	Washington National Cathedral Tour and Tea (Washington, DC) Marvel at the beauty of the sixth largest cathedral in the world! Admire the stained glass and the myriad of colors they project on the walls of the Cathedral. Our tour will provide an in-depth look at the Cathedral's art, architecture and history. Afterward, enjoy High Tea in the St. Paul room, with spectacular views of the city. Wednesday, September 27, 2017 Leave: 12:00 noon Approx. Return: 5:15 pm	\$45

OCTOBER TRIPS

	<p>Graves Mountain Lodge (Syria, VA) This Lodge has stunning views of the Blue Ridge Mountains as they change over to their striking fall colors. We'll eat a family-style fried chicken lunch and then head to the farm where Mr. Graves will talk about the history of his family, the lodge, and orchard. Travel to the packing shed for apple purchases before departing – bring some money! Lunch included.</p> <p>Wednesday, October 11, 2017 Leave: 9:30 am Approx. Return: 5:30 pm</p>	\$47
	<p>Mariinsky Ballet - Open Rehearsal at the Kennedy Center (Washington, DC) The Mariinsky Ballet (Kirov), founded in the 18th century and originally called the Imperial Russian Ballet, is one of the world's leading ballet companies. Get an insider's look at the ballet as they prepare onstage during a working rehearsal for a performance. Run time is three hours; seating is in first tier only. Bring money for lunch on your own in the café prior to performance.</p> <p>Tuesday, October 17, 2017 Leave: 10:15 am Approx. Return: 4:30 pm</p>	\$32
	<p>Harpers Ferry (Harpers Ferry, WV) Explore this quaint historic town situated at the confluence of the Potomac and Shenandoah rivers where the U.S. states of Maryland, Virginia and West Virginia meet. Please bring money for lunch on your own and appropriate clothes and shoes for discovering the town. Fee includes entrance to Harpers Ferry National Park.</p> <p>Wednesday, October 25, 2017 Leave: 10:00 am Approx. Return: 5:00 pm</p>	\$25
	<p>The Price at Arena Stage (Washington, DC) Arthur Miller's play, directed by Seema Sueko, is a story about a man who returns home to settle his late father's estate, and is surprised to find his estranged brother back on the scene. Bring your own lunch, or pre-order \$17 boxed lunch directly from Arena Stage, not included in trip price.</p> <p>Tuesday, October 31, 2017 Leave: 10:00 am Approx. Return: 4:00 pm</p>	\$80



NOVEMBER TRIPS

	<p>Smithsonian's Hirshhorn Museum (Washington, DC) The Smithsonian's Hirshhorn Museum and Sculpture Garden is a leading voice for contemporary art and culture and provides a national platform for the art and artists of our time. Experience the transformative power of modern and contemporary art by witnessing the convergence of art, artists, audiences and ideas. Pack a lunch, or have lunch on your own on the National Mall or at a food truck at L'Enfant Plaza.</p> <p>Wednesday, November 8, 2017 Leave: 10:00 am Approx. Return: 4:00 pm</p>	\$15
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DECEMBER TRIPS

	<p>US Army Band - American Holiday Festival (Washington, DC) The United States Army Band's annual holiday concert held in DAR Constitution Hall is sure to delight all with music of the season. "Pershing's Own" Band is comprised of 11 official musical components and numerous chamber ensembles, representing the excellence of today's Army.</p> <p>Friday, December 1, 2017 Leave: 6:00 pm Approx. Return: 9:30 pm</p>	\$15
	<p>Miracle of Christmas at Sight and Sound Theater (Lancaster County, PA) With enormous sets, elaborate costumes, immersive lighting and sound design, <i>Miracle of Christmas</i> is a jubilant recreation of the Bible's most celebrated story, brought to life on a panoramic stage with high drama, spectacular special effects and live animals – on stage and in the aisles. Enjoy a delicious Amish family-style feast before the show, shop in a country store, and leave the driving to us on a motor coach bus.</p> <p>Wednesday, December 6, 2017 Leave: 8:00 am Approx. Return: 9:30 pm</p>	\$135
	<p>Holiday Lunch at Mount Vernon Inn (Alexandria, VA) Savor the flavors of early America at the Mount Vernon Inn Restaurant, located just footsteps from George Washington's historic estate. Enjoy a tasty lunch brought to you by servers dressed in Colonial attire, and admire the Inn decked out for the holidays.</p> <p>Wednesday, December 13, 2017 Leave: 11:00 am Approx. Return: 3:00 pm</p>	\$35
	<p>Riverside Dinner Theater: A Christmas Spectacular (Fredericksburg, VA) Experience the excitement, memories, and joy of Christmas as the enthralling cast of singers and dancers present the very heart and essence of the holiday season. Rekindle your Christmas spirit with your favorite holiday classics with this glittering celebration of everything that makes this "The Most Wonderful Time of the Year!"</p> <p>Wednesday, December 20, 2017 Leave: 10:00 am Approx. Return: 5:00 pm</p>	\$71

Senior Classes at Green Acres Center

Activity	Day(s) and Time(s)	Fee(s)
Senior Morning Walk	Mon, 8:00am - 9:00am	9/11 – 12/18. FREE with registration.
Line Dancing	Mon, 10:30am - 11:30am	9/11 – 10/30 = \$48; \$8/class. 11/6 – 12/18 = \$42; \$8/class.
Chair Yoga	Mon, 2:15pm - 3:15pm	9/11 & 18 = \$12; 10/9-11/13 = \$36; 11/27-12/11 = \$18; 12/18 = \$5; \$8/class.
Tea & Talk	Mon, 4:00 pm – 5:00pm	Sept 18; Oct 16; Nov 13; Dec 11 = \$5/talk.
Seniorcise	Tues, Wed & Fri, 8:30am - 9:30am	9/5-12/22 = \$149; 9/5-10/27; 10/31-12/22 = \$80/session; \$8/class. No 11/24; +12/26-29.
Easy Strength Training	Tues, 11:30am - 12:30pm	9/5-10/24; 10/31-12/19 = \$38/session; \$8/class; Makeup 12/26.
Senior Clogging I	Tues, 1:30pm – 2:30pm	9/12-10/31; 12/5-2/5/18 = \$65/session; No class 12/19 & 26.
Senior Clogging – Beginner II	Tues, 12:30pm – 1:30pm	9/12-10/31; 12/5-2/5/18 = \$65/session; No class 12/19 & 26.
Beg. Pickleball Lessons	Tues, 3:00pm - 4:00pm	9/12-26; 10/3-17; 11/7, 14 & 28; 12/5-19 = \$20/session. No 11/21.
Intermediate Pickleball Lessons	Tues, 4:00pm - 5:00pm	9/12-26; 10/3-17; 11/7, 14 & 28; 12/5-19 = \$20/session. No 11/21.
Senior Stretch & Balance	Wed, 2:15pm - 3:15pm	9/6-20 = \$18; 10/11-11/15 = \$36; 11/29-12/20 = \$24; 12/27 = \$5; \$8 per class.
Easy Strength Training	Thurs, 11:30am - 12:30pm	9/7-10/26; 11/2-12/21 = \$38/session; \$8/class; No 11/23; Makeup 12/28.
Sit & Get Fit	Thurs, 2:15pm - 3:15pm	9/7-21 = \$18; 10/12-11/16 = \$36; 11/30-12/21 = \$24; 12/28 = \$5; \$8 per class.
Social Line Dancing	Thurs, 3:00pm - 4:00pm	9/7-10/26 = \$48/session; 11/2-12/14 = \$36; \$8/class; No 11/23.
Tai Chi Chuan	Fri, Beg: 10:15am - 11:15am; Fri, Adv: 9:15am - 10:15am	9/15-11/3 = \$48/session; 12/1-22 = \$24; \$8/class.
Blood Pressure Screenings and “Ask a Nurse”	Fri, 12 noon - 1:00pm	After Bingo: 9/1, 10/6, 11/3, 12/1. FREE!
AARP <i>Smart Driver</i> Program	Tues & Wed, 10:00am – 3:00pm	9/6 & 7. Check payable to AARP: \$15 AARP members; \$20 non-members.
American Mah Jongg Lessons	Thurs, 12:30pm – 3:00pm	11/2-16. Registration required. \$5 materials fee payable to instructor at 1 st session. Free.
Beginner Bridge Classes	Mon, 9:30am – 11:30am	9/11-10/23 No 10/16. Free w/ registration.
Personal Fitness Training	Teresa Fletcher: 571-606-4004	60-minutes = \$40; 30-minutes = \$20.

Adult Classes at Green Acres Center

No classes on City Holidays: September 4, November 10, 23 & 24, December 25 2017

Personal Fitness Training	Teresa Fletcher: 571-606-4004	\$50 for 60-minute session.
Green Acres Fitness Pass: Ages 16-54 years	Mon-Thurs, 5:00pm-9:00pm Sat & Sun, 9:00am-2:00pm	\$5/day; \$15/month; \$96 yearly pass at GA only. 55+ Free with membership card. Closed Holidays.
<u>Activity</u>	<u>Day(s) and Time(s)</u>	<u>Fee(s)</u>
Fit Ball	Mon, 9:30am-10:25am	9/11-10/30 (no 10/9) = \$42; 11/13-12/11 = \$35.
Cardio & Strength Circuit	Mon, 10:30am-11:25am	9/11-10/30 (no 10/9) = \$42; 11/13-12/11 = \$35.
Clock Repair Workshop	Mon & Wed, 6:30-9:30pm	9/13-12/20 (no 11/22) = \$211 for 28 sessions.
Clogging I	Mon, 7:00pm-8:00pm	9/11-10/30; 12/4-2/26 (no 12/18 & 25; 1/1 & 15, 2/19) = \$65 per 8-wk session.
Clogging – Beginner II	Mon or Thurs, 8:00pm-9:00pm	Mon: 9/11-10/30; 12/4-2/26 = \$65/8-wk session. Thurs: 9/14-11/30; 12/7-2/22 = \$77/10-wk session
Tibetan Singing Bowls	Mon, 7:00pm-8:30pm	10/16 = \$20 advance; \$25 drop in.
B-Fit	Tues/Thurs/Fri, 9:30am-10:25am	9/5-10/27; 10/31-12/29 = \$96/session; \$8/class. No 11/10, 23 & 24.
Morning Pilates	Tues/Wed/Fri, 10:30am-11:30am	(Tu): 9/5-10/24; 10/31-12/19; (W): 9/6-12/19; 11/1-12/20; (F): 9/8-10/27; 11/3-12/29 (no 11/10 & 24) = \$56/day/session; \$8/class. +12/26 & 27.
Traditional Yoga for Beginners	Tues, 6:00pm-7:00pm	9/5-10/3 (no 9/26) = \$28; 10/10-11/14 = \$42; 11/28-12/19 = \$28; 12/26 = \$7.
Solstice Sun Salutations	Tues, 6:00pm-7:00pm	12/19 = \$5 advance; \$8 drop in.
Aerobic Dancing by Jacki Sorensen	Tues/Thurs, 6:30pm–7:30pm	(Tu) 9/5-12/12 (no 10/31) = \$98; (Th) 9/7-12/14 (no 11/23) = \$98; Both \$168.
Irish Social Dance	Tues, 7:15pm-8:45pm	8/29-9/26; 10/3-11/7 (no 10/10); 11/14-12/12 = \$35 per 5-wk session; \$8 drop in.
PM Pilates	Tues or Thurs, 7:45pm-8:45pm	(Tu) 9/5-12/19 = \$116; 9/5-10/24; 10/31-12/19 = \$60/8-wk session; \$8 drop in. (Th) 9/7-12/28 = \$116; 9/7-10/26; 11/2-12/28 (no 11/23) = \$60/8-wk session; \$8/drop in.
Cardio Strength Training	Wed, 9:30am-10:25am	9/6-10/25; 11/1-12/20 = \$56/session; \$8/class.
Zumba Fitness	Wed, 11:30am-12:25pm	9/6-10/25; 11/1-12/20 = \$61/session; \$8/class.
Open Tai Chi Push Hands	Wed, 6:00pm-8:00pm	9/6-10/25; 11/1-12/27 = \$55/8-wk session; \$8/class
Meditation	Wed, 7:00pm-8:00pm	10/11-11/1; 11/8-12/6 (no 11/22) = \$40/session; \$12 drop-in.
Advanced Open Pickleball Play	Wed, 7:30pm-9:30pm	9/6-12/27 (no 11/22) = \$8/evening.
Yoga	Thurs, 10:30am-11:25am	9/7-10/26; 11/2-12/28 = \$56/session. No 11/23.
Laughing Yoga	Sat, 11:00am-12:00noon	11/4 = FREE – Advanced Registration Required.

Fitness, Entertainment and Learning Activities

Daytime “Your Way” Fitness Classes at Green Acres Center

Certified Instructors: Teresa Fletcher and Darlene Wujkowski

Mondays, Tuesdays, Wednesdays, Thursdays, & Fridays

Location: Green Acres Center Gym & #111

Feel Better – Relieve Stress -Stay Fit – Your Way! Enroll in the “Your Way” (YW) Fitness Class Program and choose to attend as many classes from the calendar that fit into your schedule. Bring your water bottle and wear comfortable clothing.

16-weeks: Sept 5 – Dec 22 (no classes 11/10, 23 & 24; 12/25); make-ups Dec 26-29.

55-Minute classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:25 am	FIT BALL	B-FIT	CARDIO STRENGTH	B-FIT WITH ZUMBA TONING	B-FIT
10:30-11:25 am	CARDIO & STRENGTH CIRCUIT	PILATES	PILATES	YOGA	PILATES
11:30-12:25 pm			ZUMBA		

Please note that only these classes at Green Acres Center qualify for the “Your Way” Program and cannot be substituted for any other classes.

Fee: \$220.

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## Personal Trainer: Teresa Fletcher



Teresa Fletcher is our NASM Certified Personal Trainer here at Green Acres. Teresa has the knowledge to help you meet your fitness goals such as weight loss, gain muscle mass, or correct muscular imbalances; she will motivate you by setting goals and providing feedback during your session. Teresa has a Bachelor's of Science degree from Colorado State University and has been involved in the fitness industry for over 10 years working with children and adults. As a Certified Therapeutic Recreation Specialist as well as a Certified Personal Trainer, she has a passion for fitness and loves developing programs focusing on providing safe and challenging exercise programs that will fit each client's lifestyle.

Please call Teresa (571-606-4004) to schedule an appointment for a 60-minute initial evaluation, or a 30-minute follow-up session.

Fee: \$40 for 60-minute session

\$20 for 30-minute session

Please pay at the Green Acres Center's Front Desk prior to your session.

## MOVIE & POPCORN

|                                |                                              |
|--------------------------------|----------------------------------------------|
| <b>Wed, Sept 13, 10am:</b>     | <i>The Founder</i> - PG-13, Biography        |
| <b>Wed, Oct 18, 10am:</b>      | <i>Churchill</i> – PG, Biography/History     |
| <b>Wed, Nov 15, 10am:</b>      | <i>Jackie</i> – R, Biography/History         |
| <b>Wed, Nov 29, 10am:</b>      | <i>Dunkirk</i> - PG-13, History/War          |
| <b>Tues, Dec 26, 12:15pm:</b>  | <i>Moana</i> – PG, Animated, Fantasy         |
| <b>Wed, Dec 27, 10am:</b>      | <i>Victoria and Abdul</i> – PG-13, Biography |
| <b>Thurs, Dec 28, 11:45am:</b> | <i>The Holiday</i> – PG-13, Romance/Comedy   |

All movies will be held in **Room 111**.

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## Meet Landon: Therapy D☺G!



Landon's birthday is May 2, 2016. He joined the Hoffman family when he was 8 weeks old. In December 2016, Lisa and Landon started training with Sit Means Sit. In March, Landon passed his Canine Good Citizen test. On July 8, 2017, he passed his Therapy Dog test. His test started at 9 am, finished at 7 pm. He went to a nursing facility/Alzheimer unit, library, firehouse, Fair Oaks Mall and then to dinner. He had to pass different activities at each facility. They both slept great that night! Landon is certified through Caring Angels Therapy Dog. They also train dogs to be donated to our wounded veterans as service dogs. As a Caring Angel Therapy Dog, Landon will go to different facilities in the community offering his services. ☺ Watch our updated calendars when Landon will be at Green Acres Center! His debut is Friday, August 18 at 12 noon.

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## Tea & Talk on select Mondays, 4:00pm-5:00pm

with Certified Nutritionist, Jann Richards-Weltman

There's lots of nutrition information out there, and it can get a bit overwhelming and confusing with contradictory information over the past several decades. However, Nutrition Science has made great strides over the past 20 years! Enjoy a cup of herbal tea and related snacks as we discuss topics that can affect your health.

|         |                                                                  |
|---------|------------------------------------------------------------------|
| Sept 18 | <i>Is Your Body Inflamed? The Anti-Inflammatory Food Pyramid</i> |
| Oct 16  | <i>The State of Nutrition in America</i>                         |
| Nov 13  | <i>The Most Important Meal of the Day</i>                        |
| Dec 11  | <i>Better Sleep Strategies</i>                                   |

Fee: FREE with Registration; \$5 supply fee payable to instructor at the Talk.



# Senior Center Advisory Council/Committees

## Senior Center Advisory Council:

The Senior Center Advisory Council's members are volunteers who work as a group with the staff to enhance the programs and activities of the City of Fairfax Senior Center.

### **The following are the Senior Council Members for the 2016-2017 year:**

Jane Albro, Judy Balser, Marge Brooks, Keith Bushey, Marcia Clukey, Aldo Domenichini, Paul Kavanaugh, Camille McNeil, Duane Perry, Robin Speck, and Larry Steinman.

### **Officers:**

Marcia Clukey, Chair; Camille McNeil, Vice Chair; Currently vacant, Secretary; Paul Kavanaugh Treasurer; Jane Albro will continue as liaison to PRAB.

Senior Council Meetings are held the 4<sup>th</sup> Tuesday at 1:00pm monthly at Green Acres Center.

Senior Center members are always welcome to attend!

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## Senior Council Luncheons are back!

On the 2<sup>nd</sup> Friday in September, October and December, the Senior Council will offer \$5 lunches.

Watch the clipboards in the lobby for menus and pay your \$5 when you sign up.

Registration deadline is the Wednesday prior.

Volunteers are needed to help pick up the food and serve the meals.

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## Other Committee Meetings:

All meetings are held at the Green Acres Center:

**Hospitality Committee** 2<sup>nd</sup> Tuesday at 1:00pm.

**Day Trip Committee** 1<sup>st</sup> Friday at 1:30pm.

**Travel and Overnight Committee** meets as required.

*For more information about volunteer opportunities, please see the staff in the Senior Center.*



Flu Shot Clinic: Oct. 13



Graves Mt Lodge Trip: Oct. 11



Halloween Potluck Party: Oct. 27

## NEW!

➔ \*\*\*OUTDOOR PICKLEBALL COURTS LOCATED BEHIND GREEN ACRES CENTER\*\*\*

Our staff looks forward to seeing you soon!

City of Fairfax Senior Center Staff from top Left to Right:  
Jann Richards-Weltman, Kathy Carter, Anne Chase, Rocio Vargas, Kira Urano



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**Join us at the City of Fairfax Senior Center -**  
**Meet new Folks, Get Involved, and Have some Fun!**  
**Call the Green Acres Center for details:**  
**703-273-6090**

**AMERICANS WITH DISABILITIES ACT**

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858

# **Senior Council Application for September 2017-18**

## **APPLICATION FOR SENIOR COUNCIL**

### **CITY OF FAIRFAX SENIOR CENTER**

**(Applications are being accepted July 24 – August 11, 2017)**

**PLEASE PRINT:**

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

**TELEPHONE** \_\_\_\_\_ **CELL PHONE** \_\_\_\_\_

**What Activities are you involved in at the City of Fairfax Senior Center?**

\_\_\_\_\_

\_\_\_\_\_

City Resident \_\_\_\_\_

County Resident \_\_\_\_\_

Elections are held annually by the Senior Council for officer positions.

Council Meetings are held monthly on the 4<sup>th</sup> Tuesday at 1 p.m. for approximately one (1) hour.